Mat-Su Monitor

MARCH 2017 VOLUME 40 NUMBER 3

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Spring Carnival

Free Food, Games, Fun, and Prizes

Atrium, March 8

Everyone Welcome

10:00 AM - 6:00 PM

In April MSC Student Government Council will be holding elections for the office of president and vice-president. Applications for these two positions are available in the student government office JKB 114. SGC works to make life on campus better. We are always looking for new students to come volunteer or join. Senator and club representative positions are also available.

STUDENT COUNCIL

GET INVOLVED WITH YOUR

MSC SGC

STUDENT GOVERNMENT

MEETINGS EVERY WEDNESDAY

11:50 - 12:50

JKB 108

Special events:

February 23: Thoughtful Thursday: Communication Skills. Journey event. 12-1 PM, FSM 200.

February 23: Tundra Talks: Nature's Bounty. FSM 204, 6-8 PM.

February 28: Introduction to Meditation. Journey event. 6-7:30 PM, FSM 206.

March 2: Introduction to Yoga. Journey event. 11:30 AM-1:00 PM, Glenn Massay Theater.

March 4: Mat-Su Concert Band Midwinter Concert. Glenn Massay Theater, 7:30 PM.

March 6: Introduction to Yoga. Journey event. 4:30 PM-6:00 PM, Glenn Massay Theater.

March 8: SPRING CARNIVAL - Atrium. Student Government Pizza Day. Atrium, 11:50 AM-12:50 PM.

March 10-11: Equinox Women's Film Festival 2017. Glenn Massay Theater.

March 13-16: Spring Break. No classes, campus open.

March 17: Spring Break. No classes, campus closed.

March 22: Introduction to Yoga. Journey event. Glenn Massay Theater, 10-11:30 AM.

March 24: Spring Dance 7:00- 11:00 Glenn Massay Theater

March 25: Mat-Su Get Connected Expo. Journey event. All around campus, 10 AM-2 PM.

March 25: CRAM JAM 9:00-2:00 SGH

For a complete list of Journey events visit http://matsu.alaska.edu/journey

Weekly events:

Mondays and Thursdays, 12-12:50: Mat-Su Monitor Meetings, Library 213.

Tuesdays, 12-1: Christian Society Club, Library 214.

Wednesdays: 12-12:50: Student Government Meetings, JKB 108.

STAY TUNED FOR UPCOMING SPRING DANCE NEWS

JOIN THE DANCE COMMITTEE & JOIN IN THE FUN

3rd annual Pi Day approaches. Prepared to be pied. Come and join in the fun while supporting your community. In honor of March 14th (3.14) Mat-Su College Math Department will be hosting their annual Pi-Day event. Come and throw pies at your favorite (or least favorite) college faculty and staff members . Pies are $2 each and the money will go to a local community organization.

HUMS helps

The HUMS Club announces its spring fundraiser to support Big Brothers/Big Sisters: We will be bringing back the **MSC Escape Room** for a limited time!

Cost is $3. March 27-April 1, 10-7pm.

Sign-up by e-mailing dgbannan@alaska.edu

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Mat-Su Monitor
March 2017

Illiteracy among Our Children, Part 1

Gig Grant

According to the National Assessment of Educational Progress (2015), only 36% of American 4th, 8th, and 12th graders can read at or above proficient levels. If this problem is not addressed, children will continue to be a danger to themselves and others. These children cannot read food ingredients, safety instructions, prescription labels, street signs, or directions for any number of things. The effects of doing nothing means these children are less likely to further their education. Furthermore, these children are unable to fill out job applications, tax forms, and contracts.

When the teacher and, worse, the student, find out the child is illiterate, the experience is humiliating. On the playground they are called dummy and retard. This has a major impact on the child's self-esteem; these children often become withdrawn, depressed, lethargic, and in extreme cases they can be suicidal. According to statistics from Read Faster (2015), 60% of American inmates are illiterate. This same predicament will carry on; to determine how many prison beds will be needed in future years, some states base part of their projections on how well current elementary students are performing on reading test. Finally, if this dilemma persists 85% of juveniles who come before the courts will continue to be functionally illiterate.

The effects of doing nothing means these children are less likely to further their education.

Some of the causes for illiteracy among school age children.

The child's environment: Bhattacharya (2010) found a child's environment plays a big role in their economic condition. Illiteracy is more common in economically depressed areas as opposed to upper class areas. If the parent is illiterate, there is a greater chance the child will be a poor reader. Most illiterate children in low income areas are being raised by a single parent. Most of these parents are often too busy working to teach their children necessary reading skills. In addition, children who live in poor neighborhoods are more likely influenced by peer pressure. This can lead to bad learning habits.

Poverty: According to Bhattacharya (2010), the

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Depression Sucks!

By Anonymous

Depression was once described to me as a feeling of intense sadness and extreme apathy. There's more to it than that (there's some chemistry and brain physiology involved that a simple google search or doctor or nurse could explain better than I could) but from my experience, depression effects different people in different ways. And depression means different things to different people, so I can't speak for everyone when I talk about what living with depression is like. But to me, depression means being the loudest person in a group of people and feeling like no one can hear you, or, if they do, they ignore you. Depression feels like the world is moving at a normal pace and you're trying to keep up while wading through wet cement; and every single step, no matter how small, feels like such a massive undertaking that you wonder whether the effort is really worth it. Depression means feeling exhausted all the time, but when it comes time for bed, sleep never comes.

To my family, I imagine that it meant having to deal with my mood swings, not knowing how to cheer me up when I was having a bad day. At points they got fed up with my irritability and lack of motivation, and it would make me feel guilty and sad that I was letting my family down. And mostly, I imagine that they were worried about what might happen if my thoughts got too dark. What would I do?

Whether you are suffering from depression or are close to someone who is suffering from depression, there is an overwhelming feeling of helplessness. It's taken a couple of years, a couple of medications (after ultimately deciding that medication doesn't work for me), a couple of talks with a not-so-effective counselor and a break from school for me to realize that just because I have depression, it doesn't mean that I have to suffer, and you don't have to either.

If you are suffering from depression or think you are, I have some suggestions to help make living with it easier and to make you feel better.

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The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at http://matsu.alaska.edu/office/student-government/student-clubs/mat-su-monitor/.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Becoming A Long Time Learner

By Art Carney

Getting a higher education was not a priority for me after graduation in 1953, so mother shipped me off to work at St. Mary-of-the-Woods College (for girls) in the neighboring state of Indiana. It is where my oldest brother worked when he decided to become a priest, so mother sent me there with the best of intentions and very high hopes. The pay was twenty some dollars a week, plus room, board and laundry. Since I was learning a trade, I tried to make the best of it, and even sent off for an "Audel's-Do-It Yourself" manual about boilers. Evidently, an alcoholic addiction was already underway because eight or ten months later, after missing work several times —the guy I was supposed to relieve had to work a sixteen hour shift— I was so ashamed I decided to quit and move in with a cousin in Illinois. He was a good drinking buddy who told me there was lots of work up there. It worked out OK, but the following summer, I went to Alaska with a brother and another cousin. They homesteaded and after a couple months, I managed to get a year round job that paid two dollars an hour. Fortunately, I recognized the likelihood that I'd end up in a snowbank some night, so after my second summer in Alaska, I went back to Ohio where I got married and had three children. A few years later, at age twenty six, I suddenly "discovered" I was a full blown alcoholic.

That's when I got sober and began to seriously wonder about the purpose of life and how we're "supposed" to live. During my first ten years of sobriety, we had three more kids, before getting a divorce. A second marriage only lasted four months, and later, I

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Message from Your Student Government President

By Jack Rogers II, Student Government Council President

Campus life and the vibrancy of Mat-Su College stand at a crossroad. At the epicenter of campus life is Mat-Su Student Government Council (SGC). Nearly every student-run activity is organized by, or extends from, the SGC. The weekly Student Government meetings provide the venue by which enthusiastic students and members from one of the eight different SGC-sponsored clubs on campus communicate matters of importance to one another, and organize activities.

We have a lot of events planned for the spring semester. Some of these activities include

- Pizza Wednesday, typically the second Wednesday of each month except in May.
- A Spring Carnival on March 8th. Games, prizes, food, fun, and a good time for everyone. Most importantly, everything is free.
- A dance – a date will be picked soon.
- Easter egg hunts in April from the 12-14th. Prizes and fun, possibly even an egg coloring contest.
- Student appreciation barbeque in April, same time as SGC elections.
- Free snacks in front of student government office or in Snodgrass Hall.
- An end of school event, possibly a trip to a water park or game center for students and family.

Student Government Council currently meets on Wednesday in JKB 108 from 11:50-12:50. All are welcome.

College can be hard and unpredictable, but SGC is here to help. Have an idea or just want to have someone friendly to talk to? Stop by the office located at JKB 114. Have a great semester.

Jack Rogers II
Your Student Government Council President.

FREE FOOD

For all students courtesy of your Student Government JKB 114 during office hours

Student Government Council Scoop

By Philip Jean

This article is written to inform the students of Matanuska-Susitna College (MSC) about what is being discussed in Student Government Council (SGC) meetings, and to inform the Student Body of what their SGC is doing for them. Here is the scoop.

This article covers SGC meetings from January 18, 2017 to February 01, 2017. SGC meetings are open to all students and starts at 11:50 A.M. in room JKB 108 every Wednesday, unless otherwise posted.

- The SGC is looking to have a spring Carnival on April 8th and the planning process is in motion. If you have an idea for the carnival, or any event, please stop by the SGC office and make a suggestion.
- The League of Extraordinary Gamers Club has been disbanded.
- The SGC voted on and approved the funding for cable TV in the cafeteria.
- The free gym membership has been stopped and is waiting on bids from local gyms. The purpose of this is to produce an opportunity for all students to enjoy a gym membership at a reasonable cost.

VOLUNTEERS NEEDED

PIZZA DAY EVERY 2ND WEDNESDAY
STUDENT GOVERNMENT IS LOOKING FOR STUDENTS TO HAND OUT PIZZA

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current Mat-Su College Committees open to the student body:

Board of Elections	Mat-Su Carbon Crew
Concert Committee	Pizza Committee
Constitution Committee	Planning Committee
Dance Committee	Renewable Energies Committee
Finance Committee	Sports Committee
Health and Wellness Committee	

Or join one of the student clubs. Clubs are a great place to meeet like minded people, have fun, learn new things and relax.

Alaska Native Culture Club	Mat-Su Dance Club
Christian Society Club	Mat-Su Monitor
Health Services Club	MSC Veteran's Club
Mat-Su Carbon Crew	Paramedic Association

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

LOST AND FOUND

Now housed at the Library!

Have you recently lost your:

Keys? Phone? Jacket or sweater? Earbuds? Flash drive? Other items?

Ask at the front desk, and we may be able to help you find it!

Mat-Su Monitor
March 2017

Careers for Creative People

By K.B. Holbrook

I recently came across a book, *The Career Guide for Creative and Unconventional People*, by Carol Eikleberry. There are so many gimmicky career guides out there, that I was initially skeptical about how useful it would be. However, as I read it all of my concerns faded. Eikleberry does an excellent job of giving an overview of career theory, contrasting the pros and cons of creative and unconventional careers, offering realistic and useful advice, as well as providing a reference section with descriptions of almost 300 careers that would be considered creative or unconventional. I enjoyed the book so much that I put in a request to have it acquired for our Okeson Library collection (it is also available through interlibrary loan). Though there are many aspects of pursuing a creative career that Eikleberry covers, there are a few key points that I think makes her career guide stand out.

First, the guide discusses the importance of having career goals. Now, this doesn't just mean an idea of what you want to do, but a concise goal, with directional steps that are flexible for when "life happens". In addition to having a goal, the guide notes the importance of a real timeline that is realistic from doing proper research. In addition, the guide notes that periodically reviewing and revising goals is necessary. These are all points that scientists who have studied goal theory have confirmed, but Eikleberry lays them out in a digestible format and with good examples to support them.

The guide also discusses the types of people you need to keep around (and not keep around) if you want to be successful in your pursuit of an artistic career. The guide identifies two key people every artistic person needs. The first person is someone who believes in you and gives encouragement (they should be realistic, though). The other person needs to be your constructive critic, someone who gives you feedback and pushes you to do better (note, this is not the same as someone who looks for reasons to tear you down).

> "there are two types of people you need to keep around (and not keep around) if you want to be successful in your pursuit of an artistic career. "

Finally, the guide discusses alternative pathways for the creative and unconventional type besides pursuing a traditionally artistic career. One path is to pursue a more conventional job that provides the flexibility or financial support for artistic hobbies or freelance work. The author does note that most creative types who choose this path will struggle to stay with a single employer long-term, but if they can make enough money from selling their crafts or through freelance work may find it very enjoyable nonetheless. The other path is to pursue a career that caters to many of the personality traits an interests common to artistic and unconventional types, such as opportunities for creative problem solving, investigating, and a varied work tasks; the author, Carol Eikleberry, chose this path herself when she became a Clinical Psychologist. The guide suggests this path as a good fit for the artistic type who wants the stability of a conventional career without the monotony and burnout. Jobs that fit into this latter category as well as traditional artistic careers are included in the career reference section at the end of the book.

There are many other details of this book that I think are valuable, but these are the key points that make it unique. It is an excellent guide and digestible whether you are new to career theory or an expert. I would highly recommend it to anyone who considers themselves an artistic or unconventional type.

Have you earned an "A" on a class assignment?

2017 Student Showcase Conference

Friday, April 21

lically present your
ɔmplishment to your
ıpus community. Enter your
'k in the 2017 Student
wcase Conference for the
ıce to win a 3-credit tuition
ver, a Mini iPad, or a Kindle.

Submission Deadline:
April 3, 2017, 5:00 pm
The Copy Center

Rules & application at
http://matsu.alaska.edu/student-showcase/

CLASS RECOMMENDATION

By Rachel Goodall

Are you curious why people do things they do? Sociology 101 teaches the scientific study of human society and its origins, development, organizations, and institutions.

It is a social science! Yes, there is cool research involved, creating statistical charts and meeting interesting groups of people.

Michel Foucault (1926-1984) did research on the theory of the relationship of power and knowledge. That some institutions can use a power and knowledge as a form of social control.

This is just one example of what Sociologist do. There are many facets of Sociology. Interested? Take Sociology 101!!

Get involved in your school newspaper!

The Mat-Su Monitor

Are you:

- A reporter
- An artist or cartoonist
- A fiction writer
- A poet
- Interested in marketing, sales, or accounting
- A graphic designer

Join us!

Mondays and Thursdays
12:00-12:50pm
Library room (OLB) 213

For more information, or to submit articles online, search Mat-Su Monitor on the college website

HAVE SOME QUESTIONS? TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center*

OLB 121 745-9772
http://matsu.alaska.edu/offices/the-learning-center/tutoring/

WRITING - JKB 107
Mon & Tues 9:00 - 1:00
Fri 10:00 - 2:00

MATH - JKB 107
Mon & Wed 10:00 - 4:00
Tues 10:00 - 3:00
Thurs 10:00 - 2:00

ASL - FSM 207
Mon &Wed 2:00 - 4:00

***Tutoring is available only for students enrolled in MSC courses**

Hours are subject to change Tutors available January 17 - May 5

Alaska State Library provides the Live Homework Hotline at tutor.com/alaska from 1pm-2am

www.tutor.com/military for military families who qualify

Khan Academy: Videos (math, science, economics, history) http://www.khanacademy.org/

Foreign Language: http://libraries.mangolanguages.com/alaska/start (includes English)

Writing: http://writing.wisc.edu/Handbook/index.html
http://bcs.bedfordstmartins.com/rules7e/#t_669460
http://www.paperrater.com/
http://blog.apastyle.org/apastyle/

Additional Help available in the Learning Center
Rosetta-Stone Language Software
Computer Stations
Textbooks, Videos and Other Resources

Microsoft Office, for Free

By Art Corvelay

As a student affiliated with a UAA campus, you have free access to Microsoft's Office 365 website.

Office 365 offers browser-based versions of some the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to "the cloud" and by allowing multiple users to simultaneously edit the same document.

Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the "Install Now" button.

You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @ua.alaska.edu.

Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

MATH MATH

Fridays with Faculty

Every Friday of the semester, with the exception of 2-17, 3-24, and 4-28, in SGH103.

You must check the schedule posted on the door of that room for the times that faculty will available for assistance.

The room will be available from 8am to 3pm.

Math Cram Jam

The Math Department

invites students to study with faculty.
Saturdays

March 25 & April 29

9:00 - 2:00 **In Snodgrass Hall**

Food and beverages are served and sponsored by MSC Student Government

tutor.com

By Art Corvelay

It's 12:41 AM. Empty energy drink cans and candy bar wrappers litter your desk. You've just finished the last sentence of the last paragraph of your big paper – the one due at 9:00 AM. You hoped to get one of the college's Learning Resource Center's English tutors to read over it, but now it's too late. You're SOL.

Or maybe not.

Turns out all Alaska residents are eligible for live homework help through an online service called Tutor.com. These tutors can help with subjects ranging from Calculus to World History and nearabout anything in-between.

Using Tutor.com's services couldn't be easier. Just go to www.tutor.com/alaska, pick a subject, and then click "Connect Now." Within moments you will be able to chat with a real tutor; you can even share files for them to review or draw on a virtual whiteboard.

Still not convinced? Here's a few more selling points. Tutors are available from *every day of the* week from noon to 2 AM (goodbye, pants). The website actually works well. Tutoring is available to students from kindergarten to college. (Now somebody else can help your kids with their homework.) It's entirely free.

Convinced now? Good. Just don't forget about the college's Learning Resource Center; its tutors aren't available until 2 AM, but they're nice people all the same.

STUDENT SHOWCASE
Mat-Su College 2017

Knowledge is to be shared-not hoarded.

If you have produced an "A" paper or project during Spring, Summer, or Fall semesters of 2016, or during this Spring 2017 semester, then enter your work in the Student Showcase.

What: Mat-Su College Student Showcase highlights the best academic work from Mat-Su students!
When: The application deadline is April 3, 2017.
Where: For more information and application forms, visit our website at:
matsu.edu/office/student-services/student-showcase

Learner *continued from page 2*

found that being single was not necessarily a bad thing. At age 40, I had a mid-life crisis that required me to start all over, and I ended up back in Alaska where I accidentally became a lifelong learner. It seems the first half of my life was spent learning the important questions, and I've been attempting to find sensible answers ever since.

When my now deceased good friend Owen Bradford spoke at an AA group years ago, he claimed to be a "homemade philosopher," which led me to take a few philosophy classes at Mat-Su College. Later, I got sidetracked and sociology seemed to have the "answers" I was looking for, especially after my religious beliefs had gone down the tube. Then I turned to science, which is an ongoing work in progress, and recently I discovered that spiritual principles enable mankind to live together in relative peace, while religious beliefs can be misinterpreted over the years. I think we all need to become "homemade philosophers" who see the world in a truer light.

Take the Journey

Mat-Su College is sponsoring a series of **Dragon-approved activities** for students, staff, and faculty this Spring semester to help you stay healthy and well-balanced as you make your way through this exciting, often hectic time in life.

Be sure to check the Journey website weekly for updates, full activity descriptions, and to sign up for events requiring advance registration (**All events are free unless noted**).

Pick up your Field Guide around campus when you see them.

Collect Dragon stamps on the Field Guide by attending events.

Submit Dragon stamps for prizes and entry in prize-drawings! For prizes and directions on winning, see the Field Guide.

Remember, when you attend a Dragon-approved event, make sure you get your Field Guide stamped. Field Guides will not be stamped retroactively: you must collect your stamp at the event.

Mat-Su College Journey activities and behavioral care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation

Here are the upcoming events:

February 23, 2017 – Thoughtful Thursday – Communication Skills

Noon – 1 pm, FSM 200 (Off-the-Beaten Path)

Bring your lunch or dinner and join these informative discussions led by Deborah Bannan, Assistant Professor of Human Services

February 24, 2017 – Mental Health First Aid

8:30 am – 5 pm, FSM 204/206 (Awareness Trail)

Co-sponsored with THRIVE Mat-Su. The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include first aid around anxiety, depression, psychosis, and addictions.

Advance registration required at the website:

https://www.aktclms.org/Training/Class/101687. Lunch will be provided. Limited enrollment.

February 28, 2017 – Introduction to Meditation 6 – 7:30 pm, FSM 206 (Awareness Trail)

A simple 10-15 minute meditation exercise can leave you feeling calmer, more focused, less stressed and refreshed. This series of introductory meditation sessions designed to give you the encouragement, tools and confidence to overcome the common obstacles people face when starting and maintaining a meditation practice.

March 2, 2017 – Introduction to Yoga

11:30 am – 1:00 pm, Glenn Massay Theater (Balance Trail)

Are you interested in yoga as an approach to health and wellness, but unsure of how to start, or even what a yoga mat is? This introductory session will help you become familiar with a few basic yoga poses, plus breathing, relaxation and concentration techniques.

Please wear comfortable clothes, bring a water bottle, an open mind and a smile on your face. Try something new: Your body and mind will THANK YOU! Yoga mats will be provided but you may also bring your own.

March 3, 2017 – Mental Health First Aid

8:30 am – 5 pm, FSM 204/206 (Awareness Trail)

Co-sponsored with THRIVE Mat-Su. The adult Mental Health First Aid course is appropriate for anyone who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include first aid around anxiety, depression, psychosis, and addictions.

Advance registration required at the website:

https://www.aktclms.org/Training/Class/101688. Lunch will be provided. Limited enrollment.

March 6, 2017 – Introduction to Yoga

4:30 – 6 pm, Glenn Massay Theater (Balance Trail)

Are you interested in yoga as an approach to health and wellness, but unsure of how to start, or even what a yoga mat is? This introductory session will help you become familiar with a few basic yoga poses, plus breathing, relaxation and concentration techniques.

Please wear comfortable clothes, bring a water bottle, an open mind and a smile on your face. Try something new: your body and mind will THANK YOU! Yoga mats will be provided but you may also bring your own.

March 7, 2017 – Alaska Gatekeeper Training using QPR (CEUs available)

Noon – 1 pm, FSM 202 (basic) (Awareness Trail)

2:30 – 4:30 pm, FSM 202 (basic, plus Alaska context)

5 – 7 pm, FSM 206 (basic, plus Alaska context)

A gatekeeper is anyone (student, staff, faculty) within a community who is in a position to recognize the warning signs that someone may be contemplating suicide. QPR stands for Question, Persuade, and Refer, an emergency mental health intervention for suicidal persons.

March 9, 2017 – Tundra Talks: Alaska the Great Land – Alaska Grown

6:00 – 8:00 pm (Location to be advised) (Connection Trail)

Explore and celebrate what makes our state unique. View and discuss films on gardening, poultry keeping, and greenhouses in Alaska.

March 10, 2017 – Equinox Film Festival

6 – 10:00 pm, Glenn Massay Theater (Off the Beaten Path Trail)

A celebration of films by and about women. NOTE: There is an admission fee for this event.

March 11, 2017 – Equinox Film Festival

10:00 am – 10:00 pm, Glenn Massay Theater (Off the Beaten Path Trail)

A celebration of films by and about women. NOTE: There is an admission fee for this event.

March 17, 2017 – Deadline to submit Story for Story Board Presentations

Tundra Talks:A Community Seminar Series

Tundra Talks will soon begin its second year at Mat-Su College! This year, our topic is Alaska: The Great Land. Instead of centering events around a book, we're focusing on films and presentations. We will consider what makes our state and local area unique, and we'll celebrate that uniqueness by exploring winter sports, nature's bounty, and Alaskan farming industry; we'll conclude with "Alaskcape," our escape from stress and pressure! We're inviting many different people to speak on topics ranging from Government Peak development and animal migration to harvesting honey and growing apples in Alaska. We hope you join us!

We have a fun schedule of events for this semester, with most months offering both a film night and a presentation night. Most events fall on Thursday evenings from 6:00-8:00 p.m. They are also "dragon-approved" events, so students, faculty, and staff can win dragon stamps as part of the Journey Field Guide. Here is the list of events:

WINTER FUN
•Presentation and Film Night: Thursday, January 26, 6:00-8:00 p.m., FSM 204
•Focus: Government Peak, skiing, and snow machining in Alaska

NATURE'S BOUNTY
•Film Night: Thursday, February 9, 6:00-8:00 p.m., FSM 204
•Presentation Night: Thursday, February 23, 6:00-8:00 p.m., FSM 204
•Focus: subsistence, herd migration, wildlife photography

ALASKA GROWN
•Film Night: Thursday, March 9, 6:00-8:00 p.m., FSM 204
•Presentation Night: Thursday, March 30, 6:00-8:00 p.m., FSM 204
•Focus: gardening, poultry keeping, greenhouses

ALASKSCAPE
•Event: Saturday, April 22, 10:00 a.m.-2 p.m., various rooms in FSM 204
•Focus: demonstrations and mini discussions on harvesting honey, growing apples, flying model planes

Tundra Talks started two years ago when five Mat-Su College English Department faculty members began working on a community service project that we hoped would be relevant to and attract the interest of the MSC campus and the larger Mat-Su Valley community. Our goal is to create a venue for discussion of key questions and concerns our community faces—and, at times, to simply celebrate Alaska and its abundance of resources.

This year, our topic is Alaska: the Great Land. We will explore what makes our state and local area unique and celebrate that uniqueness. Please join us!

Events ... all Dragon Approved!

26 Jan. 2017, 6-8 pm: Winter Fun in Alaska, Panel Presentations, Mat-Su College, FSM 204

9 Feb. 2017, 6-8 pm: Nature's Bounty in Alaska, Movie Night, Mat-Su College, FSM 204

23 Feb. 2017, 6-8 pm: Nature's Bounty in Alaska, Panel Presentations, Mat-Su College, FSM 204

9 March 2017, 6-8 pm: Alaska Grown, Movie Night, Mat-Su College, FSM 204

30 March 2017, 6-8 pm: Alaska Grown, Panel Presentations, Mat-Su College, FSM 204

22 April 2017, 10 am-2 pm: Alaskscape, Demonstrations and Fun, Mat-Su College, several rooms in FSM

This year's events all connect to Mat-Su College's Journey Initiative. If you're part of the Mat-Su College community, you can obtain valuable points towards the Field Guide!

Topics to Be Covered in Depth

Winter Fun in Alaska: looking at snow machining and the changes in Government Peak

- Nature's Bounty in Alaska: focusing on Alaska's diverse wild resources
- Alaska Grown: focusing on Alaska gardening and domestic animals
- Alaskscape: creating a space for guests to escape from stress and pressure

Goals

- share related experiences among community members through discussion
- engage our community in meaningful communication/discussion
- invite the Mat-Su Valley community to the college: encourage community familiarity with Mat-Su College's people and facilities
- increase a feeling of community through networking and shared service

Expected Outcomes

- Broadened understanding among campus and community members of what it takes to make a caring, well-functioning community
- Deeper and richer understanding of the people whom we live among
- Improved community through networking and shared service

Related Events

- Films relevant to our topic of Alaska: The Great Land
- Presentations by residents in relevant work/careers
- Presentations by teachers and classes conducting relevant service learning

Visit our website: http://matsu.alaska.edu/tundra-talks/

3" by 3" $75 b/w $125 color
5" by 5" $125 b/w $175 color
7" by 7" $175 b/w $225 color
10" by 14" $300 color $375 color back page

Advertisers sought!
Advertising in the *Mat-Su Monitor* is an affordable way to reach a wide demographic. With a circulation of around 5,000, an educated readership, and affordable rates. For details contact mwmuer@alaska.edu or 907-745-9758.

Students, community, celebrate annual campus Heyi Niltu festival

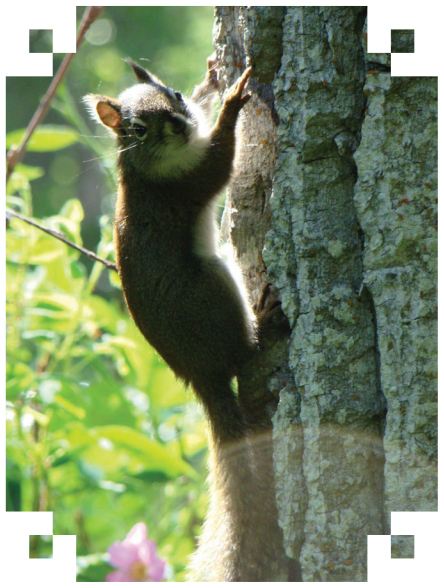
By Lee Carvallo

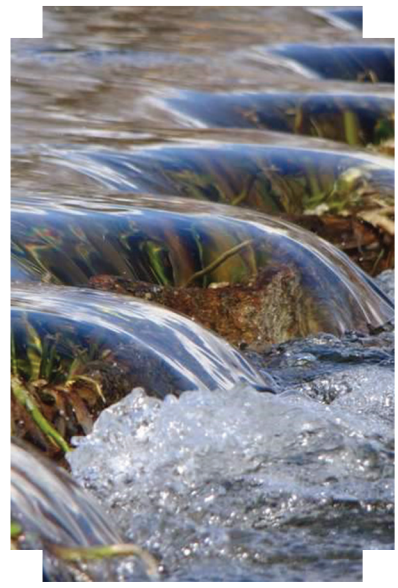
Mat-Su college students and employees, as well as members of the community, recently celebrated Alaska Native Heritage Month with the campus's second annual Heyi niłtu Festival. The campus Alaska Native Cultures Club organized the November 16 event, which was held in the Glenn Massay Theater.

Heyi niłtu (Hay-ee nick-too) is Dena'ina Athabascan for "celebrating the coming of winter."

The festival began with a lunch potluck that served Alaska salmon and other dishes donated by attendees. This was followed by an afternoon of native singing, dancing, and games. A dinner potluck – this time with frybread tacos and caribou chili, in addition to more donations – prefaced an evening of songs and storytelling. All throughout the day the lobby was full of tables staffed by local nonprofits and craftspeople selling their wares and demonstrating techniques.

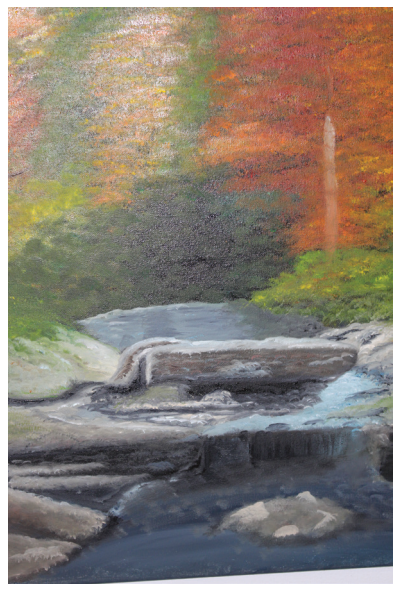
Turnout for the event was high, especially among community members. The lobby of the theater was nearly full to capacity.





Photos
by
Megan Kazarian

ART
WORK BY
MSC ART
STUDENTS



If you have questions contact
Dr. Felicia Desimini, Art
Department Coordinator
Phone: 745-9755
Email: fdesimini@alaska.edu

MSC Christian Society

By Sarah Brahaney

President: Sarah Brahaney
Vice President: Claire Kudyba

The MSC Christian Society meets every Tuesday at noon upstairs in the Mat-Su College library in room 214. We are a faith-based group that strives to serve the community and the student body here at Mat-Su. God comes first in what we do and He is the foundation of who we are.

For more information about the MSC Christian society, find us on Facebook (MSC Christian Society) or on Instagram (@ mscsociety).

God Bless You!

MSC Christian Society made and donated 16 blankets to Heart Reach in their latest community service project. If you would like to be a part of haelping your community, they meet every Tuesday in room OLB 214 from 12-1.

Please join the math department in our third year of supporting our local teen shelter MyHouse. This year we are going to do our "needs" drive again. There a list of things (see below) that will help them provide the priceless service they do for the youth of our local community. As of this afternoon there will be a donation tubs throughout campus (JKB, FSM, SNOD) with flyers for the event taped on the outside.

Please think of us when you are shopping or going through your extra supplies at home and bring things to donate. All donations will go to MyHouse in Wasilla. The drive will end on March 1st, 2017.

Thousands of Children's Books

The staff at the Alvin S. Okeson Library located on the Mat-Su College campus would like its patrons to know there is a children's books section upstairs. Kids', reading is fun, so grab your parents and come on up and check out the thousands of children's book's now available.

Gig Grant

MSC Math Department Presents:

MyHouse "Needs" Drive

Help us support a local teen shelter by donating supplies to MyHouse!!

Bring any of the following types of items:

- Hand warmers
- Hats, gloves, scarves
- Granola bars
- Fruit snacks
- Chap Stick
- Backpacks
- Deodorant
- Toothpaste/ toothbrushes

ENDS MARCH 1, 2017

Brought to you by:
The Math Department

HIGHWAY CLEAN-UP!

This spring join in the fun. Help our Mat-Su Carbon Crew clean up along Trunk Road. Watch for more information Save taxpayers money. Save the enviroment.

Toys for Tots

Mat-Su College Veterans Club collected nearly 100 gifts to donate to Toys for Tots which along with the Mat-Su Special Santa Program was able to bring the magic of Christmas to over 3000 children in the Valley last year.

Get involved in your school newspaper!

The Mat-Su Monitor

The Monitor is looking for:

- Reporters (bring your own article or take an assignment
- Artists and cartoonists
- Fiction writers and poets
- Students interested in marketing, sales, or accounting
- Graphic designers or anyone with desktop publishing experience
- Anyone else who wants to participate in a college newspaper!

For more information, or to submit article online, search Mat-Su Monitor on the college website

Mondays and Thursdays
12:00-12:50pm
Library room 213

MAT-SU CARBON CREW

Wed. 1:00-2:00 JKB 114
(Student Gov. Office)

Save the planet fanatics? NO!!! We are students that believe this planet is our responsibility and taking care of it is a necessity. Our main goal is to show others better ways to produce food, to use fuels more efficiently, and to use our resources in a manner that is beneficial. Yes, we love our world and want the people on it to thrive. Come join us. We meet every odd Wednesday of the month (1st, 3rd). FSM 114 3:00-4:00PM

Dance Club MSC

Wednesdays 1:15 - 3:30 FSM 207
For more information contact
Richard Hamlin at
rjhamlin@alaska.edu

Monitor

MEETING TIMES
Mondays
&
Thursdays
12:00-12:50
OLB 214
(upstairs in the Library)

Looking For
- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions: Next deadline for entries: March 6.

Alaska Native Cultures Club
Mat-Su College

We meet **every Wednesday** 1:00 to 2:00 **JKB 114** . *Visit the* STUDENT CLUB CALENDER on the Mat-Su website: http://matsu.alaska.eduOr e-mail us at: : MatSuANCC@gmail.com

Rock Hounds

Looking to start a new club on campus for those of us who might have been bitten by the Gold bug. Our goal is to plan trips to prospect, see the beauty our state has to offer and most importantly make new friends. Sign-ups are available in Student Government Office JKB 114. Please stop by and sign up.

Phi Theta Kappa Honor Society

Phi Theta Kappa

America's Military has proven time and again that they are willing to answer the call when it comes to protecting America. The transition from soldier to student can be a daunting experience.

The Student Veterans of Mat-Su College has been created as a place for all individuals, regardless of military affiliation, to get together and support each other while enriching our lives through the pursuit of continuing education.

Membership is open to anyone who would like to become involved. For more information on the Student Veterans of Mat-Su College, find us on Facebook at https://www.facebook.com/groups/studentveteransofmatsucollege/ or email us at studentveteransofmatsucollege@gmail.com MEETINGS: WED. JKB 114 (STUDENT GOV. OFFICCE) 1:30-2:30

Student Veterans of MatSu College
Mat-Su College Arctic Dragons

UAA/MSC Christian Society MSC

Tuesdays 12:00 - 1:00 Library Rm 214

INTERNATIONAL CLUB

Are you interested in International Studies?
Are you an international student?

Join us in starting up the MSC International Club!

If you would like to learn more, please contact Dr. Galina Peck.
Email: gpeck@matsu.alaska.edu
Phone: 907-745-9734

Mat-Su College
University of Alaska Anchorage

Human Services Club

The information gateway between community help organizations and the Mat-Su College student body.

Thursdays
2:30 - 3:30
FSM 103

Paramedic Association MSC

Paramedic students plan and organize various safety and health activities for the campus and community, including CPR classes. For more information contact: Dane Wallace 746-9329

YOUR CLUB'S AD COULD BE HERE!

CONTACT THE MAT-SU MONITOR FOR MORE INFORMATION.

Heather's Top Eight Advice Bits for New and Returning Students

By Heather Deadmond

#1 READ THE SYLLABUS!!!

This one should be a given; your professors put time and effort into creating a good syllabus for your classes. Most times, you can usually find all of the required projects with their due dates for the whole semester in the syllabi. Just read it. You'll be glad you did.

#2 Rent your textbooks

It's the age old college complaint: "Textbooks are ridiculously expensive," and they are. However, you can save yourself a boat load of money on your books by renting them. Amazon and BookRenters.com are really great resources for this. Some books will be expensive no matter where you get them from, but it's much less painful paying $30 to rent a book for a semester than to own it for $200 and try to re-sell it when you're done with it.

#3 Read the chapter you'll be learning about before class.

Speaking of textbooks, it's a good idea to actually use them, even if you're not using it in class. If your professor has assigned readings, or they are going in chapter order for lectures, it will help you in the long run to read whatever chapter you'll be studying in class ahead of time.

#4 Get involved!

I know, this is what everyone says, but it's true. Taking the time to attend campus events and getting to know your fellow students will not only help you with networking for the future, but also help you get to know your school and the people who run it. There are clubs to join, events to attend, and shows to see, so get going!

#5 Invest in a 5-subject notebook

Have you ever brought the wrong notebook to a class? Or forgotten it completely? I have done both of these things, and it saves me a whole lot of frustration to buy a 5-subject notebook. They are a little more expensive than individual notebooks, so it might not be a good resource if you are only taking one or two classes. It is very helpful when you're studying somewhere other than your home, because everything from all of your classes is all in one place, so you never have to worry about taking the wrong notebook to a class again. It also makes your backpack a lot lighter, and roomier.

#6 Don't be afraid to ask questions

Whether it be from your professors or fellow students, most people are willing to help out when you don't know what to do. Asking questions in class will help you learn the material better than trying to figure it out on your own. It's also a good idea to ask for some tips from the more seasoned students on APA format and other things that new students sometimes have a hard time picking up.

#7 Study/ Do homework while you're still on campus.

We all know we don't get as much work done at home as we plan. There's family and pets around making noise, Netflix to be watched, dinner to be made, and homework often gets pushed to the side. It may be a drag to sit down and do your homework right after classes, but it's so worth it to go home and relax afterward. ☺

#8 Utilize library resources

The library is full of books that can help you with your assignments, as well as a computer lab with a printer and copier to get work finished. There are always helpful librarians that can help you find what you're looking for. ☺

Top MLB Free Agents 2016

By Sam Ouellette

Mark Trumbo CC BY-SA https://flic.kr/p/anYAyZ

Edwin Encarnacion, DH
Old Team: Toronto Blue Jays
New Team: Cleveland Indians
Contract: Three-years with $60 million guaranteed and a $20 million club option for a fourth year.

Jose Bautista, OF
Resigned with Toronto Blue Jays
Contract: One year at $18 million dollars with a $17 million dollar mutual option for 2018 and a $500K buy-out, as well as a $20 million dollar vesting option in 2020.

Kenley Jansen, RP
Resigned with LA Dodgers
Contract: Five Years worth $80 million and an opt out clause for after the 2019 season.

Aroldis Chapman, RP
Old Team: Chicago Cubs
New Team: New York Yankees

Mark Trumbo, 1B/OF
Resigned with Baltimore Orioles
Contract: Three years $37.5 million

Mike Napoli, 1B
Remains unsigned
Best fit: Texas Rangers

Yoenis Cespedes, OF
Resigned with New York Mets
Contract: Four-year contract worth $110,000,000 million dollars

Matt Wieters, C
Old Team: Baltimore Orioles
Remains Unsigned
Best fit: Anaheim Angels

COMING SOON!

FROLF course courtesy of Student Government. Come to SGC meetings every Wednesday 11:50 - 12:50 JKB 108 to find out more!

GYM MEMBERSHIPS

Student Government has been discussing the future of gym memberships. We have been tossing around a lot of ideas so that we can accommodate more students and give more access to fitness facilities. If you have ideas or would like to see some changes please stop by the office, JKB 114, or our weekly student government meetings. We will also be sending out a poll. Please fill it out so that we can better serve you!

I HAD BUT FIFTY CENTS

Anonymous

I took my girl to a fancy ball;
It was a social hop;
We waited till the folks got out,
And the music it did stop,
Then to a restaurant we went,
The best one on the street;
She said she wasn't hungry,
But this is what she eat;
A dozen raw, a plate of slaw,
A chicken and a roast,
Some applesass, and sparagrass,
And soft-shell crabs on toast,
A big box stew, and crackers too;
Her appetite was immense!
When she called for pie,
I thought I'd die,
For I had but fifty cents.

She said she wasn't hungry
And didn't care to eat,
But I've got money in my clothes
To bet she can't be beat;
She took it in so cozy,
She was an awful tank;
She said she wasn't thirsty,
But this is what she drank:
A whisky skin, a glass of gin,
Which made me shake with fear,
A ginger pop, with rum on top,
A schooner then of beer,
A glass of ale, a gin cocktail;
She should have had more sense;
When she called for more,
I fell on the floor,
For I had but fifty cents.

Of course I wasn't hungry ,
And didn't care to eat,
Expecting every moment To be kicked into the street;
She said she'd fetch her family round,
And some night we'd have some fun;
When I gave the man the fifty cents,
This is what he done:
He tore my clothes,
He smashed my nose,
He hit me in the jaw,
He gave me a prize
Of a pair of black eyes
And with me swept the floor.
He took me where my pants hung loose,
And threw me over the fence;
Take my advise, don't try twice
If you've got but fifty cents!

What did the bat say to her valentine?
"You're fun to hang out with"

What did the paperclip say to the magnet?
"I find you very attractive"

What did the painter say to his Valentine?
"I love you with all my art"

Q: Did you hear potassium went on a date with oxygen?
A: I heard it went OK.

What did the man with the broken leg say to his nurse?
"I've got a crutch on you!"

Two chemists walked into a restaurant the first one says "I think I'll have H2O." The send one says "I'll have H2O, too!" and died.

Q:What's Irish and stays out all night?
A:Paddy O'furniture.

There are 10 types of people in the world: those who understand binary, and those who don't.

Why can't you borrow money from a leprechaun?
Because they're always a little short.

Why doesn't anyone talk to circles?
Because there's no point.

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

C Q Z T J I T C B K J B Y S B H L K T X Y W S

Y Q V V O V U J I T J O V S O V V T L K N Q L Z

K B Y N B K K O W O X J S O V J B Y X Q C T K B Y

Q E I O T G T C T V J .-- U B X R Q C O T L

					5			
	2			1			7	
	7			2				
		7	8			3		
3				6			4	
					1			
			7			2		
		4			9			6
2							8	

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

IT'S ALL ABOUT THE HEART THROB

C	W	S	S	E	D	D	O	G	Y	E	N	O	H	N
H	U	P	U	M	P	K	I	N	A	M	D	L	O	A
A	B	O	N	B	O	H	C	P	O	O	K	I	E	M
R	L	L	S	D	E	A	R	I	E	Y	T	T	O	S
M	Y	U	H	B	S	S	U	O	I	C	E	R	P	E
E	E	N	I	A	H	C	D	N	A	L	L	A	B	I
R	D	S	N	F	L	A	H	R	E	T	T	E	B	D
U	E	O	E	U	E	I	T	E	E	W	S	H	M	A
S	V	F	Y	K	B	T	C	R	U	S	H	T	V	L
A	O	L	E	M	A	I	N	S	Q	U	E	E	Z	E
E	L	I	M	L	A	C	P	R	I	N	C	E	S	S
R	E	R	A	G	U	S	Y	L	L	E	J	W	L	E
T	B	T	L	L	O	V	E	B	I	R	D	S	E	B
N	A	T	F	G	N	I	L	R	A	D	I	N	E	A
F	E	V	O	L	Y	P	P	U	P	B	L	A	M	B

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _

Top 10 Games of 2016

By Sam Ouellette

1. Gears of War 4 (XBox One, October 2016)

The Coalition and Microsoft Studios pick up where the original creator left off five years ago. However, it is a new gang of characters and new story. The game is beautiful and great for fans new and old alike.

2. Battlefield One (Multiplatform, October 2016)

EA Games and Dice went back in time with their first person shooter Battlefield One , set in World War One. Battlefield One captures the grit and valor of WWI while also focusing on telling the stories of characters in the War.

3. Pokémon Go (Mobile, July 2016)

When Pokémon go came out in July it was an instant hit. Pokémon fans new and old were seen walking the streets in hordes catching the monsters and hatching eggs. Niantic did a wonderful job of integrating the world of Pokémon into daily activities.

4. Dark Souls III (Multiplatform, March 2016)

5. Overwatch (Multiplatform, May 2016)

6. Titan Fall 2 (Multiplatform, October 2016)

7. The Division (Multiplatform, March 2016)

8. Doom (Multiplatform, May 2016)

9. Far Cry Primal (Multiplatform, February 2016)

10. Final Fantasy XV (Playstation 4, November 2016)

Sharpe's Movie Guide: Black History Month

By Michelle Sharpe

Greetings movie lovers! It's Black History Month! So in celebration of the month in which we honor Black men and women who helped shape this country to what it is today, I thought I'd take a minute to recommend a couple of movies that were either written, directed or star talented black artists. Enjoy!

1. **13th** (Available on Netflix): This documentary was recommended to me by a coworker. She came to work and claimed that she had been "woke" and that everyone should watch this documentary that explores the high incarceration of black men. I watched it and I completely agree with her. If you're interested in the history of the relationship between the African American community and judicial system, or if you just want to have your eyes opened to the reality that there was never a period in American history where a positive relationship between the two has ever existed, check this out. Steal someone's password and watch it. (Note: Trump supporters, if you don't want your guy painted in a negative light, maybe skip this one.)

2. **12 Years a Slave** (Rated R): I remember seeing this movie in theaters and saying that this movie was this generation's *Schindler's List*. Like *Schindler's List*, the director (Steve McQueen) paints a stunning yet horrific portrait of a dark, horrific and terrible time in history. He did this, because he believed that watering down and making slavery an easily digestible thing to watch in a movie would be a disservice to the memories of those who lived it. The movie is based on a true story about a free man named Solomon Northup (Chiwetel Ejiofor) was captured and sold into slavery, and his horrific 12 year ordeal. This movie is not for the faint of heart. You will be disgusted, infuriated, and you will cry. But I truly believe that this is one of the most important movies made in the past decade and if you haven't seen it, remedy that immediately. There's also a book by the same name if you want to learn more about Solomon Northup and his experiences.

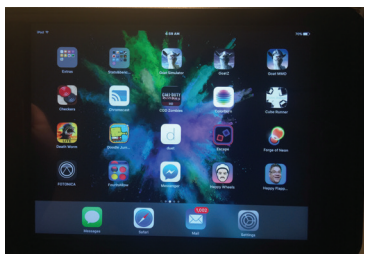
3. **Do the Right Thing** (Rated R): Widely regarded as Spike Lee's best movie, the story centers around the growing tension on a block in Brooklyn. The movie is a unique experience that takes a look at the explosive consequences of prejudice and racism. The characters seem are unique and well-rounded and the dialogue is fast and witty. This is a 90's gem that is rarely talked about and should be seen by all. It's a truly unique cinematic experience.

4. **The Color Purple** (Rated PG-13): This movie was Whoopi Goldberg's first film role and I believe it's her best. Based on the novel by Alice Walker, the Color Purple is about the life of a woman name Celie and her ups and downs. No synopsis I could give would do this movie justice. It's a beautiful and touching story that was overlooked at the Oscars and is not talked about nearly enough now a days.

5. **Glory** (Rated R): Denzel Washington. Civil War. Morgan Freeman. If you haven't seen this movie, those six words should be enough to entice you to change that fact at once. You're welcome.

iPad Mini 4 Review

by Warren McClure



To start things off I want to say this is the iPad mini that should have come out last year. Even though it's a year late I still think this is 5 star worthy. I have had this iPad mini for about 2 weeks and feel like it's my time to give my honest review about the product. I did not buy this from Amazon, I bought it right off Apple's web site. The iPad I will be reviewing will be the 64GB space grey iPad mini 4 with Wi-Fi. Below I will talk about why I bought this iPad, what changes Apple has made to this new product, my personal likes and dislikes and overall usability. Should you buy or upgrade from your current tablet? Read below to find out.

1. Why did I buy the iPad mini 4?

Before we get into why I bought it, I want to explain what I used before I bought this new iPad mini. Ever since the original iPad mini came out in October 2012 I have always been a fan. The size was right, the performance was more than enough for me, and it offered great storage capacities at decent prices. It's lasted me this long, slowly losing its speed and performance due to more demanding operating systems using more RAM. Now with iOS 9.2.1 I am barely able to have more then 2 apps open (depending on what it is) due to the lack of RAM. I feel like the processor is still a great processor offering 2 cores like majority of the new iPads. The iPad mini original is still fast enough for me but since the RAM is bottlenecking the overall performance it's hard to want to keep using this as my tablet of choice. After I heard that the new iPad mini 4 has 2GB of RAM, I started to take interest in it. Watching hours of YouTube unboxing's and review videos I decided to save up for the new iPad mini 4. Since I do like to put movies, videos, music, and pictures on my iPad the decision came clear to me that the 64GB would work wonders for me. I did not go with the 128GB because it is $100.00 more and that the 64GB I felt like it's enough for me.

(A.) RAM

The first and main reason why I upgraded to the new iPad mini is because of the RAM upgrade in the new iPad mini 4. The 2GB (2048 MB) of RAM is 4 times more than the 512MB of RAM found in the first generation iPad mini. Now I am able to have about 8 apps open without having it refresh every time I open something different. The overall browser experience has improved because now I'm able to have 5 to 6 tabs open without having to reload them. This RAM upgrade is a much needed upgrade and I am happy to see that the iPad mini 4 has received it.

(B.) The screen

In the iPad mini, the new screen is laminated meaning there is NO GAP between the LCD screen and the DIGITIZER, making things look better. The screen resolution is a nice upgrade from the original iPad minis screen. I can now watch full 1080p videos, seeing just about every detail. Colors also look very crisp on here, making my old iPad minis screen look dull and boring. Is this a mandatory upgrade for me? Nope but I do enjoy it!

(C.) UPDATES

The old iPad mini is on its last legs meaning it won't be seeing anymore updates forever. To me this is something that bothers me. I enjoy receiving updates, adding new features and more security to my personal device. The iPad mini 4 makes it possible and I believe this mini will last a solid 3 years before I need to upgrade again.

2. What does the iPad mini 4 over the other minis?

Apple has made many changes to the new mini inside and out. In this section I will break it up into 2 main parts. The first part I will talk about the physical changes Apple has made to the iPad mini 4 and the second part I will talk about all the internal changes.

(A.) Physical changes

The first and most noticeable change Apple has made was removing the lock and or silence switch. I don't like this because now I have to lock my iPad through software making it inconvenient. The second most noticeable change was making the iPad mini even thinner than before at 6.1 mm thin. I have also noticed Apple has made this iPad a tad bit taller making all your old iPad mini cases unusable. Touch ID is another welcome change. This is the same one found on the iPhone 6 but who's complaining? As long as it works I have no problems. Relocated light sensors are another change Iv noticed. Instead of one light sensor by the front facing camera they decided to put 2 light sensors on the very left and very right sides of the iPad. Don't know how much this will help but again as long as it works I am not complaining. I have also noticed the upgrade from the 5MP camera to 8MP back camera here on the iPad mini. Does it mean I will use my tablet for photography? Nope, but it's nice to have if I don't have my iPhone 6 Plus with me. The last thing I have noticed was laminating the LCD to the Digitizer, making things look crisper and more colorful.

(B.) Internal changes

The first and most noticeable change is the RAM upgrade. Since it has more memory, it enables the user to have more apps open without having to reload them. The A8 processor is another change in the new mini. It's basically the iPhone 6 processor but clocked 100 MHz higher to 1.5 GHz. Not a speed demon by any means but it's a welcome upgrade. The Wi-Fi antenna have also changed, so instead of one Wi-Fi antenna Apple put two Wi-Fi antennas making the wireless speeds on here faster than before. Bluetooth has also been upgraded to 4.2 from 4.0. Can't say what Bluetooth 4.2 has to offer but I would imagine it's better than Bluetooth 4.0.

3. What I like about this iPad

The first thing I really like about this

Continued on page 15

Depression *continued from page 2*

able. When I was feeling my worse, I felt like no one loved me or didn't care about me (it's not true of course, but depressed brains aren't very nice to their hosts), so I adopted a dog. Best decision I ever made. My dog loves me and relies on me, and even on days when I don't want to roll out of bed, I have to because my dog isn't going to feed or walk himself. If you can't get a dog, adopt a fish, a rodent, a reptile, a cat, anything. Animals are very beneficial to people with anxiety and/or depression. They'll motivate you to do some sort of activity, even if you don't want to be motivated. My dog saved my life.

1. Don't worry: This is a silly thing to tell someone who is anxious or is depressed, but trust me on this one. It may seem like things are bleak, but you can't spend every second worrying. It's not healthy. How can I pay my bills? How do I pass this class? How do I juggle my home life, work life and schooling? Listen, you can do it. Focus on things that are happening now. Just take it one day at a time. Break all of your huge goals into smaller and more manageable daily goals, and all of a sudden, you've got yourself a neat little trail through a forest of worries and you can finally see light at the end of it. Believe in yourself. You can do it. I believe in you.

2. TAKE BREAKS!!! I cannot stress this enough. Do not sit down with your head slouched over a book or your phone all day and all night. Do something that takes your mind off of school and work. Play a game with your kids. Go outside and throw a ball for your dog. Mow a lawn or shovel snow. The best things about this is that you can think more clearly when you're doing mundane tasks that don't require a lot of thought and it'll give your brain a much needed break. Who knows? You might be inspired, or something that you hadn't understood a second ago might suddenly snap into place.

3. Get an animal: This one is debatable. When I was feeling my worse, I felt like no one loved me or didn't care about me (it's not true of course, but depressed brains aren't very nice to their hosts), so I adopted a dog. Best decision I ever made. My dog loves me and relies on me, and even on days when I don't want to roll out of bed, I have to because my dog isn't going to feed or walk himself. If you can't get a dog, adopt a fish, a rodent, a reptile, a cat, anything. Animals are very beneficial to people with anxiety and/or depression. They'll motivate you to do some sort of activity, even if you don't want to be motivated. My dog saved my life.

4. Eat well: Make yourself some romantic meals. Or make an awesome meal for your family. Don't eat junk or processed foods. Put some love into your food and love yourself. You deserve to be loved and that love starts with you. I'm a firm believer that food is love. Plus it's fun to discover new recipes.

5. Get Creative: Whether it's writing (this could be fictional, poetry or just starting a journal), sketching, sculpting, making card towers, give your mind something to focus on. I know from experience that it's very hard to get creative when depressed. But once you start a project, just force yourself to finish and along the way, the creative juices will flow and those creative thoughts will keep those negative feelings at bay.

6. Talk to someone: If you're too shy to talk to your friends and family about your depression, Mat-Su College offers free counseling. You just need to make an appointment. But find someone you trust and who is a good listener to talk to. Talking helps.

7. Be Positive: The world can suck sometimes and it's easy to dwell on the negative. But believe it or not, you have the power to change another person's day. Give someone a compliment, listen to a friend's problems and offer them moral support, give a stranger a hug if they look like they need it. Try to do one nice thing for another person a day. You might not be able to tell, but you could be the sunlight in someone else's dark day.

8. Sing: I once read that belting a song releases endorphins in your brain which makes you feel happy. So even if you're tone deaf, you go ahead and belt the national anthem, Disney song or Katy Perry in the shower or in the car. Sing your heart out whenever you feel sad.

9. Love yourself: It can be hard to believe when your brain is trying to convince you otherwise, but we all have people who love us and would be sad without us. Combat negative thoughts by treating yourself, take a bath, go see a movie, get a massage, etc. Whatever it is that makes you feel pampered and relaxed, do it. Part of loving yourself also involves making sure you get plenty of sleep and the proper nutrition. So try to go to bed the same time every night and take vitamins (Especially vitamins D and B12) and see if your state of mind doesn't improve. I have a hard time falling asleep but discovered ASMR videos on YouTube that instantly put me to sleep. Find something that helps turn your brain off enough to fall asleep. Lower the thermostat, take some melatonin or drink some tea before bed. Whatever works for you, do it.

The worst part of being depressed is feeling like you're all alone. I am here to tell you that you are not alone. You are not the only one feeling this way, and you do not need to be alone. I understand what it's like to be at war with your mind. It sucks. But you don't have to let this mental illness beat you down. The first step on road to making depression more manageable is getting help and talking to someone. If you are reading this, I appreciate you, and I hope you have a wonderful day. By the way, I love that shirt! So cute, looks great on you. It really brings out your eyes!

If you are feeling depressed, help is available! Don't go it alone. Mat-Su College Students can call 907-376-2411 to arrange for free mental health counseling on campus or at Mat-Su Valley Health Services.

Illiteracy *continued from page 2*

time a child spends in their preschool years in poverty will greatly influence the child's ability to achieve academic reading success. In other words, preschool children who live in poverty lack reading achievements. Adolescents 12 through 14 from poor backgrounds tend to have lower reading scores. Equally important is the fact that children who live in poverty have less academic activities, less materials, and less family support.

Dyslexia: According to Johnson et al. (2013), the cause of this learning disability remains a mystery. Some scholars hypothesize this problem lies with the balance of audible operation between the two hemispheres in the brain. The problem in reading centers with certain auditory function. Moreover, studies show the difference between children with dyslexia and children who are normal readers lies in auditory function. It is estimated that dyslexia is found in 10% of school age children.

What happens to these children and whether they learn to read will affect them the rest of their lives. The English language is not all that easy to learn, even when things are going good. Just imagine for a minute what it would be like if there was nothing to eat before you left to school; when you got there, you were in the same clothes you wore the day before, and on top of that, when you looked at the words on the paper, they were all turned around backwards.

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iPad Mini *continued from page 13*

iPad mini is the memory upgrade. Like I have said before I like it because it allows me to have 7 to 8 apps open at the same time without having to reload them. This RAM upgrade also allows me to have many tabs open in Safari. This is a huge deal to me because I love reading articles and reviews on products. The 4:3 screen ratio is a huge reason why I stick with Apples tablets over just about any other tablet. This beautiful 4:3 screen ratio allows me to hold my iPad in just about any angle without it feeling awkward. I don't like the tablets with a 16:9 ratio because it feels to awkward to hold it in portrait mode. Tablets with a 16:9 screen ratio are better for watching videos and movies because most movies and shows are made for the 16:9 screen ratio. This means I will see black bars when watching something with my iPad, I don't mind this much since it feels better holding in landscape AND portrait mode. The 4:3 screen ratio the iPad offers makes it great for reading (which I do a lot of) and browsing the web. Web pages looks more natural meaning they don't look crammed when using the iPad in portrait mode. The iPad also allows me to text anyone (with or without iPhone or iMessage) after I associate my iCloud and cell phone number to my iPad. This to me is handy because if I am down stairs on my iPad and receive a call or text I can use my iPad to respond to it. It's nothing new but I really do enjoy this feature on all the iOS devices. This iPad is also the perfect size to take to bed so I can watch YouTube and use the app iFunny to look at funny random pictures. The split screen feature is present with this new iPad mini 4. I am not sure how much work you could get done with this since the screen is only 7.9 inches long. To me it's neat feature to play around with but if you want to get some REAL work done I would consider buying the iPad air or even the iPad pro. The last reason why I enjoy the iPad mini 4 over the iPad air 2 is portability. Yes the iPad air 2 is extremely portable but the iPad mini is that much more portable due to its small compact size.

4. Things I don't like and, things Apple could work on:

The first thing I don't like about this iPad and just about every iOS device would be the amount of RAM Apple puts in their devices. Sure, Apple optimizes the hardware and software very, very well but that will only get you so far and only last for so long. I think customization of the RAM in iOS devices (at least in the iPads) would help the sales of their portable products. If you want to replace a full computer you need to sell it like a full computer. Don't only work on software improvements but also work on hardware improvements, give the customers what they need, CUSTOMIZATION. Allowing the customers to not only choose what color and capacity sizes they want but also allow the customer decide on how much RAM they might want or need. I would be more then happy to pay another $79.99 to add 1GB of RAM to my iPad or pay $159.99 to add 2 more Gigabytes of RAM to my iPad. This defiantly would help my iPad last much since more advance operating systems use more RAM. Even though Apple does an AMAZING job optimizing their software with hardware there will always be a need for more RAM the more advance things get. If I were able to buy the iPad mini original

with 2GB of RAM I wouldn't have bought this new iPad mini since the processor in the first generation is enough for me. Another thing I don't like about this new iPad mini is that it has no lock/mute switch! How could Apple take this away? It was such a simple but helpful switch that I enjoyed using. Hopefully they won't take it away with the new iPhone 7. Last but not least the thing I don't like is the color. Please try to understand that this is my opinion, some people will agree and disagree. So what do I mean by the change of color? Well if you look at the back of this iPad mini then look at the back of the first generation iPad mini you will notice how much lighter colored this new iPad mini is. I don't like this new color, because it looks ugly to me. The black on the iPad mini original looks much better, it looks very sleek and sexy, it all being one color front and back.

5. My overall experience

So like I have stated before I have had this iPad for about 2 weeks. Within those two weeks I have not notice any lag or hang ups. The very first thing I have noticed is how well iOS 9 works on a tablet with 2 Gigabytes of RAM. When I say there is no lag on this iPad I really do mean there is NO LAG. This iPad mini 4 has provided me great speed and usability. I have been able to take this to bed to watch YouTube in full HD while I fall asleep. I have been able to go online to read reviews while having other tabs open without having to refresh anything. I also have been enjoying touch ID on here. It's nice not having to put my password in every time I want to unlock my device. I do miss the iconic home button with the square in the middle but I'm sure I will get over this within time. This iPad is also as loud as the older mini and to me it sounds like there is a little more bass with these new speakers, they don't sound as tinny. I could be wrong but that's what it sounds like to me. I also like the 7.9-inch screen since I am able to travel around with it very easily. I have been able to throw this in my backpack when I go to visit my family from far away without feeling any extra weight. Playing games on here are great, I am no gamer by any means but this screen size hits the sweet spot since it's just big enough to where my thumbs don't get in my way when playing games like geometry wars or goat simulator. The high resolution packed in this small screen size makes my games and pictures look amazing. I can't distinguish any pixels unless I am looking very hard. Typing with the new mini is as great as it was on the older minis. I have smaller hands so trying to type on the iPad air in portrait mode is harder for me making typing on the mini much nicer. My hands are small to the point where I can barely hold this mini in one hand without dropping it just to give you guys an idea.

6. Who is this iPad mini for? Should you upgrade?

The people who should buy this iPad are the people who are in my shoes. If you are using an iPad mini 1 or iPad 2 I think it would be a great time to upgrade. This iPad mini offers 4 times as much RAM, making multitasking a breeze; it offers much better colors on screen along with a better resolution. This makes smaller texts look way better due to the higher pixel density. This iPad mini is also noticeably faster and lets you take full control of all the features iOS 9 has to offer. Features like split screen, picture in picture and slow motion at 120 FPS within the camera app. If you have an iPad 3 or iPad mini 2 and are happy with it Id say stick with since it can still multi task decently well. If you decide to buy or upgrade to this new mini I would recommend buying one with 64GB or more storage since movies, pictures, music, TV shows and apps tend to take up a ton of space. If you are someone who don't download many TV shows or movies to your iPad and only use online services like YouTube, Netflix, and web browsing then the 16GB model might work for you but keep in mind that the 16GB model only has about 10GB of free storage. Throwing in an extra $100.00 to get 4 times the amount of storage might be a good idea. Like seriously think about it, it's better to have more then what you need then to have not enough and being sad later on because you didn't buy the 64GB model. In the end I think it's worth spending $500.00 on my new mini. I really think this will last me a solid 3 to 4 years even though this basically has the same processor as the iPhone 6. If you don't like the smaller tablet size or need to get some real work done Id say buy the iPad air or the pro, maybe even the Surface pro if you don't mind the 16:10 screen ratio since it has a full blown operating system but I won't get into that.

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